



NICHOLAS MEAT Quarterly

COMPANY NEWS AND UPDATES FOR THE LOGANTON COMMUNITY

SPRING 2024

Cattle Barn Construction Continues

Progress continues with the new cattle barn at Nicholas Meat. With continuous improvement as a goal, Nicholas Meat is building the new barn to focus on animal husbandry, food safety, sustainability and improving efficiencies. Once completed, the barn will have the potential to hold 1,000 head of cattle and enable delivery of animals 24 hours a day while being housed comfortably.

“Development of this new barn will streamline the receipt of cattle at Nicholas Meat,” explained Doug Nicholas, VP & COO of Nicholas Meat. “Unloading time will decrease, minimizing the time cattle spend on a trailer. This will be a win for everyone as farmers can deliver their cattle more quickly and efficiently. And, our increased holding capacity and improved barn design allow animals to better acclimate to their surroundings, thereby reducing animal stress.”

Animal Welfare is Center Stage

According to Penn State Extension, when an animal becomes stressed, it depletes muscle glycogen, leaving the meat a dark red color rather than the normal bright red. It can also cause the meat to be dry. Thus, it was important for Nicholas Meat to design a system that is as low-stress as possible for cattle. The system is based on the work of Temple Grandin, PhD, a designer of livestock and handling facilities and a professor of animal science at Colorado State University.

“We’ve designed a barn without hard corners to help reduce potential injury to cattle,” Nicholas continued. “Besides the soft-corner design, we’ve incorporated rubber floor mats to cushion the animal’s hooves. “The

barn will have an advanced climate control system that utilizes waste heat from our refrigeration system to heat the barn during the winter. This helps keep the cattle less stressed while allowing us to be more sustainable.”

Slotted Floors Equal Food Safety, Sustainability & Efficiency

The rubber-matted floors will cushion the animals’ hooves before harvest, and the slots in the floor will allow for an internal flush system to be incorporated. The system will use reclaimed water to help reduce labor and improve sustainability.

“Through technology and conservation, Nicholas Meat already uses 50 percent less water on a gallons-per-head basis than industry standards and we envision recovering and reusing up to 90 percent of our water in the future,” explained Brian Miller, Nicholas Meat Director of Sustainability.

Recycled water will be used to flush manure from the slotted floors periodically. This water and manure slurry



Lights have been installed and water tanks (blue) are in place to provide continuous access to water for animals. Slotted floors will eventually be covered with Animat’s Maxgrip rubber flooring system to provide comfort and traction for the cattle. An automatic flushing system will periodically wash animal waste through the slots and transfer it under the floor to a dewatering system.

will then flow through a mechanical separation system where the solids are retained as a nutrient-rich soil amenity for application to local farmland. Meanwhile, the remaining liquids will be treated for eventual reuse back into the barn flushing system.

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A catwalk is in the process of installation. This will allow better observation of holding pens and cattle movement by U.S. Department of Agriculture (USDA) Food Safety and Inspection Service (FSIS) and Nicholas Meat personnel during inspections and animal welfare audits.



The new barn measures roughly 40,000 sq. ft. Animal welfare is paramount in the design of the barn. There are 15 fans – each nine feet in diameter – as part of the design to ensure proper air circulation and ventilation in all weather conditions.

“This flushing system helps prevent manure build-up and therefore keeps cattle cleaner, providing better pathogen control and reducing the risk of cross-contamination from one cow to another,” Miller added. “It eliminates manual labor to clean the floor and eliminates wood chips used for bedding material, thereby reducing our solid waste and land application.”

Nicholas Meat broke ground on the new barn in 2022 and expects to complete construction this year.

Brian Miller Retires; Duane Eichenlaub Promoted

Brian Miller, Nicholas Meat Director of Sustainability, will retire in the near future. He has held this role since joining the company in 2017. With Miller’s retirement, Duane Eichenlaub has been promoted to Regulatory and Sustainability Manager at Nicholas Meat.

“I am pleased to hand the reigns over to Duane who is the right person see the Sustainable Resource Facility (SRF) project through,” Miller said. “Completion of the SRF project will bring many positive environmental benefits to the Sugar Valley Community.”

In his new role, Eichenlaub will oversee the construction of Nicholas

Meat’s Sustainable Resource Facility, a comprehensive environmental management system allowing the company to reuse water, reduce dependence on land application, manage odor, and generate energy from biogas.

“I truly appreciate this opportunity with Nicholas Meat,” Eichenlaub said. “I want to recognize Mr. Miller for his tireless dedication during the progress of this project so far and wish him well during his retirement years. Once the SRF is completed, it will set a new standard for sustainability throughout the meat processing industry and demonstrate the company’s commitment to a sustainable Sugar Valley.”

Eichenlaub joined Nicholas Meat in September 2014 as the Quality Assurance Manager. Previously, he was the general manager at Leader Meats in Imler, Pa.



Brian Miller



Duane Eichenlaub



Meat our People: Tomas Vasquez Employee Feature

Position: Utility

Employed by Nicholas Meat: 11 years

In my spare time: Tomas likes to play soccer and fix up cars when he’s not at work.

Favorite place to visit: Knoebels Amusement Resort

Most admired person: Tomas admires Elliott Keller, Nicholas Meat General Manager, because he is very respectful to everyone and he’s an excellent communicator. Tomas says he admires how clearly Elliott explains a difficult task and makes it much easier to understand.

When it comes to beef: Tomas is a fan of ribeye with mashed potatoes!

Thanks for Asking: Can beef be a part of a healthy diet?

The facts and science say yes!

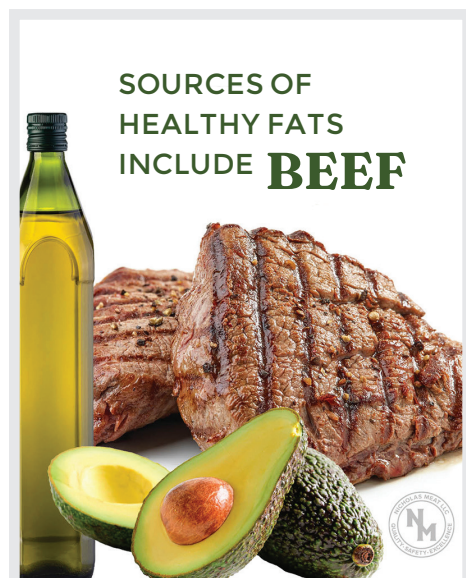
Some people may believe they need to reduce or eliminate beef when focusing on a healthy diet. Not true! Balancing diet and exercise are cornerstones to a healthy lifestyle and consuming lean beef can definitely be a part of a healthy diet. Here are a few facts and tips to help you incorporate beef into your heart-healthy diet today. Prepare to be surprised. Your taste buds will thank you.

Add Lean & Extra Lean Cuts for a Healthy Diet

Nine extra-lean beef cuts, including extra-lean ground beef, bottom round steak, and top sirloin steak, have the American Heart Association's Heart-Check certification for foods that fit in an overall heart-healthy dietary program. These cuts have less than 5 grams of total fat, less than 2 grams of saturated fat, and less than 95 mg. of cholesterol per 3.5-oz. serving. For recipes certified by the American Heart Association, visit the Pennsylvania Beef website at pabeef.org/healthful-beef-recipes to learn more.

Beef Contains Healthy Fats

- Monounsaturated fatty acids, the same type of healthy fat found in avocados and olive oil, are also found in beef. Roughly half of the fatty acids in beef are considered monounsaturated.
- Beef contains stearic acid, the same fat recognized as beneficial in chocolate for its neutral effect on blood cholesterol levels. About one-third of beef's saturated fat is stearic acid.



	AMOUNT	CALORIES	PROTEIN
BEEF	3 OUNCES	173	25g
EDAMAME	1 1/3 CUPS	249	25g
BLACK BEANS	1 1/3 CUPS	379	25g
PEANUT BUTTER	6.5 Tbsp	613	25g
QUINOA	2 CUPS	666	25g

Beef Protein Plays Role in Weight Management

A 3-oz. serving of cooked beef provides about 50 percent of the Daily Value (25 grams) of protein. In short, beef helps with weight management by: increasing satiety (helping you stay full longer);

- helping you stay full longer;
- helping reduce the risk of chronic diseases like type-2 diabetes and cardiovascular disease; and
- offering more protein with the fewest calories – especially compared to plant proteins like peanut butter or black beans.

Beef + Fruit = A Great Partnership

Which do you prefer – sweet or savory? How about combining the two? Consider pairing beef with fruit to find a beautiful blend of taste and nutrition. Try making a beef tenderloin, cranberry, and pear salad for dinner tonight. Then again, perhaps citrus kabobs are more your style. These recipes and more are found on the Pennsylvania Beef website at pabeef.org/recipes-cooking.

Beef Packs a Protein Punch

A 3-oz. serving of cooked beef provides more than 10 essential nutrients and about half the Daily Value for protein in about 175 calories. These essential nutrients include:

- zinc, which helps maintain a healthy immune system;
- iron, which helps your body use oxygen; and
- vitamins B6 and B12, which help maintain brain function and give you energy.

Regarding high-quality proteins, beef provides many nutrients in a smaller serving size than other choices. For example, you'd have to eat at least 8 oz. of cooked chicken breast to get the same amount of iron in just 3 oz. of cooked beef.

Grass-Finished or Grain-Finished Beef? Both Work in a Healthy Diet



- Grass-finished and grain-finished beef provide similar nutritional benefits.
- Whether grass- or grain-finished, all cattle spend most of their lives eating grass.
- Although grass-finished beef may be a bit leaner, all beef is still a natural source of more than 10 essential nutrients.

To read this article in its entirety, please go to nicholasmeat.com/2024/03/01/thanks-for-asking-surprising-facts-about-beef.



At Nicholas Meat we are all about the beef! We hope you enjoy this recipe from the Pennsylvania Beef Council.

Cuban Crispy Shredded Beef

A few simple ingredients can take leftover Pot Roast to the next level. Traditionally known as Vaca Frita, sautéed beef with bell pepper, onion and lime juice, commonly served with rice and black beans. Delicious!

Ingredients:

- 12 oz. shredded cooked beef Chuck Pot Roast
- 1 c. sliced green bell pepper
- 1 c. sliced onion
- ¼ c. fresh lime juice
- 2 T. olive oil
- 2 t. minced garlic
- ½ t. salt, divided
- ¼ t. ground black pepper
- Hot cooked rice, black beans and lime wedges (optional)

Cooking:

1. Combine the beef Chuck Pot Roast, bell pepper, onion, lime juice, oil, garlic, ¼ t. salt and black pepper in large bowl. Marinate in refrigerator for 15 min. or up to 1½ hrs.
2. Heat a large, nonstick skillet over medium-high heat until hot. Spread ⅓ of beef mixture in thin layer in skillet. Cook until crispy in spots, turning several times, 2-3 min. Remove from skillet. Repeat twice with remaining beef mixture.
3. Season beef with remaining ¼ teaspoon of salt.

Serve with rice, black beans and lime wedges as desired.

Alternative Cooking Method:

Recipe can be made in an 8-qt. air fryer. Heat air fryer to 375°F. Spread ⅓ of beef mixture in thin layer in basket. Cook until crispy in spots, turning several times, 6 to 8 min. Remove from basket. Repeat twice with remaining beef mixture. Season beef with remaining ¼ t. of salt.

For more information about this recipe, go to www.PABeef.org.



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WWW.NICHOLASMEAT.COM

